Eating Disorder Prevention (School-based Programs)

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Children and adolescents spend the majority of their time at school, giving educators and school counselors more contact with students. Since school counselors do have more contact with students, they are more than likely going to notice and identify students who show signs of being at risk for eating disorders. The purpose of this particular article is to offer school counselors various preventive programs that can be implemented into their school counseling program, intervention techniques, and making appropriate referrals. This article also offers information on early warning signs to look for in high risk students, how to effectively approach students who show signs of an eating disorder, and ways in which school counselors can help in the recovery and treatment process.

Eating disorders can be potentially life-threatening if they are not caught early. For this reason it is imperative for school counselors to know the signs of eating disorders, so that intervention and treatment can be planned. The earlier the disorder is noticed, the easier it is to prevent and treat. This article provided substantial information on how school counselors can identify high risk students. I liked that the article offered samples of how a school counselor could effectively approach a student who showed signs of an eating disorder.

I thought that this article offered detailed information when it came to providing information on various preventive programs that could be implemented in school counseling programs as well as how school counselors could be effective in the treatment and recovery process of students suffering from an eating disorder. Examples were provided to make information more understandable and clear to the reader.

In conclusion, school counselors serve an important role in the overall process of identifying, preventing, and initially treating students with eating disorders. Early intervention and prevention efforts implemented by school counselors are important to increase positive body image and encourage children and adolescents to develop healthy lifestyles, free from physical and psychological danger of eating disorders (Bardick, A, Berries, K, McCullough, R.M., Witko, K., Spriddle, J., Roest, A., 2004).

**Reference:**

Bardick, A.D., Berries, K.B., McCulloch, R.M., Witko, K., Spriddle, J., Roest, A. (2004). Eating

Disorder Intervention, Prevention, and Treatment: Recommendations for School

Counseling. *Professional School Counseling, 8, 168-175.*

School counselors are available to assist students with issues that are interfering with their everyday life. It could be anything from academics, family issues, grief, thoughts of suicide, etc. School Counselors provide students a safe haven to talk about issues that are affecting them on a daily basis. This article is very resourceful for students specifically. It provides information on how school counselors can be helpful and the various issues that students can discuss with a school counselor.

I think that this article was a good source of information for students, more so than school counselors. The author did a good job providing how counselors can be resourceful for students. I liked that the article provided various reasons why students seek help from school counselors, and potential questions that students may present to school counselors. Although, the article was very brief it did provide helpful information on how school counselors help students.

The article could have provided more in-depth information on how school counselors can help students suffering from certain issues such as depression, eating disorders, learning disabilities, etc. I think offering more information on how school counselors can help students suffering from the various issues could have been more beneficial to the reader. It would have given the reader a more extensive understanding of the services and preventive measures of a school counseling program.

In conclusion, school counselors are available to help students deal with issues that affect them on a daily basis. It is important for students to become familiar with their school counselor and the services that their school counseling program offers. When students are aware of the services provided by their school counseling program and have familiarized themselves with their school counselor, I think that they are more open to taking advantage of the services provided when needed.

**Reference:**

Daily, L. (2008). School Counselors 101. *Current Health, 35, 16-18.*

The purpose of this article was to show the effectiveness of an 1-year follow-up of a eating disorder preventive program that was implemented by teachers trained for the role (Favaro, A., Zanetti, T., Huon, G., Santaonastaso, P., 2005). Teachers involved in the study participated in a 5 week training program. Subjects used to test this study were one-hundred and forty female students between the ages of 16-18 attending classes at a vocational school in Mestre, Venice. The subjects were assessed through a structured clinical interview and a 40 item Eating Attitudes test (Favaro et al., 2005). Three out of the nice classes were randomly chosen to participate in a 6-week preventive program conducted by the trained teachers. According to the data obtained from the study, an alarming number of girls who were asymptomatic at baseline had developed a full or partial eating disorder at their 1-year follow-up (Favaro et. al, 2005). Subjects who were in the preventive group showed a significant difference than the control group at the 1-year follow-up. Their EAT Bulimia subscale scores showed a great improvement (Favaro et al., 2005).

There has been some controversy on the effectiveness of preventive programs for treating individuals with eating disorders. The sole purpose of this study was to prove that preventive programs are effective and not harmful. I think that the conductors of this study did a great job at proving that preventive programs are effective for individuals who show signs of eating disorders. I think that the methods used in the study were appropriate for obtaining the information needed in order to conduct the study appropriate and to obtain accurate results.

I do think that this study could have involved more samples. I think that more samples would have given shown more evidence of how effective preventive programs can be. Also, I would have suggested that more methods be used in the study.

Although, there was some improvement that could have been implemented in this study, overall I think it was effective. Preventive programs are very important when it pertains to eating disorders. Preventive programs can help in decreasing eating disorders among children and adolescents, providing them with the treatment options and support they need to alter how they view themselves.

**Reference:**

Favaro, A., Huon, G., Santonastaso, P., Zanetti, T. (2005). *International Journal of Eating*

*Disorders, 38, 73-77.*

Counselors play a very vital role when it comes to counseling, collaborating and coordinating (Frey, 1984). This article describes just how pivotal a school counselor’s role is when treating a student with an eating disorder. It describes just how important is for school counselors to be aware of signs of a student who is at high risk for anorexia and bulimia and the various preventive programs available. It is imperative that the counselor provide teachers and parents with information regarding behavioral characteristics of such students, so that they are able to indentify signs, and therefore take appropriate action to get the student help.

This article provided good information on the role of the counselor when it comes to treating eating disorders. The authors did a great job at providing symptoms that a person who suffers from anemia or bulimia may display. Anorexia and bulimia are very serious disorders that can easily be ignored by teachers, counselors and parents who are not educated on the anorexia and bulimia; therefore, it is important to know what symptoms are so that they can be identified.

Early intervention is key to prevention. School counselors should have preventive programs implemented into their school counseling to teach students how to live a healthy and happy lifestyle. I think that this article lacked information on preventive options that school counselors could implement and that students could benefit from.

Eating disorders is very common in young girls specifically. Early intervention is pivotal in the successfully treating students who are at high risk. Therefore, it is important for school counselors, parents, and teachers to know the symptoms of anorexia and bulimia, so that they are able to identify students who are at risk.

**Reference:**

Frey, D. (1984). The Counselor’s Role in the Treatment of Anorexia Nervosa and Bulimia.

*Journal of Counseling and Development, 63.*

School Counselors have a very demanding job, and sometimes have little time to implement programs that are beneficial to students who are at risk for eating disorders. This article offers various treatment options that don’t require a lot of time, but are effective. This article “presents treatment components to integrate eating disorders and weight management guidance units in existing junior and senior high school programs” (Jensen-Scott, R. & DeLucia, J., 1993). The article discusses the rationale for inclusion of eating disorders and weight management, goals of eating disorder and weight management, behavioral components and various interventions that can be implemented by not only school counselors, but also teachers, nurses, and nutritionists.

The authors of this article did a great job at offering developmental guidance programs that were easy to implement and possibly effective for students who were at risk of eating disorders. I also liked that the programs could be administered by not only school counselors, but also teachers, nutritionists, nurses, etc. I think that if more faculty members can be involved in such programs, more programs will be incorporated into schools that focus particularly on eating disorders. Some school counselors may simply not have the time to implement such programs due to time constraints and other duties.

One thing that I think could have been beneficial in this article was data showing that the programs were effective in the recovery of students who were high risk. I think that providing data would have made the article stronger, and would have had more impact on the reader. I think that school counselors reading this article would have been more confident in using some of the suggestions if there was proof that the programs and interventions were tested and proven to be a success.

**Reference:**

Jensen-Scott, R. & DeLucia, J. (1993). Developing guidance programming in junior and senior

High schools: *Eating disorders and weight. School Counselor, 41, 109*.

Anorexia and Bulimia are very serious eating disorders that can result in death, if not treated. The purpose of this article is to provide teachers and counselors with various strategies when treating children and adolescents with eating disorders. The article looks at the ages in which eating disorders usually occur as well as the characteristics. Cognitive, behavioral and affective characteristics are outlined (Manley, R., Rickson, H. & Standeven, B., 2000).

Overall, I think that the article was pretty good. The authors did a great job providing the characteristics of an eating disorder. Although, information was very brief, the most important facts were provided. I liked that the authors had data to support the information in the article.

The purpose of the article was to provide strategies for both teachers and counselors. The strategies for teachers were quite extensive, but I think that the authors could have done a better job at providing strategies for counselors. I think that providing more strategies for school counselors as well, would have made the article stronger.

In summary, anorexia and bulimia are very serious and life-threatening disorders that should not be taken lightly. It is imperative for educators, including school counselors, to be aware of the characteristics, so that early intervention can be administered. Readily prepared strategies can be helpful for educators in working with both children and adolescents with eating disorders.

**Reference:**

Manley, R., Rickson, H., Standeven, B. (2000). Children and Adolescents with Eating Disorders:

Strategies for Teachers and School Counselors. *Intervention in School and Clinic, 35,*

*228-231.*

The purpose of this article is to discuss the role of the school counselor in providing assistance to students who may be at risk for developing an eating disorder and for students who are already displaying characteristics of an eating disorder (Omizo, S. & Omizo, M., 1997). The article looks at students who are at risk, and the school counselor’s role of successfully treating the student. This article also focuses on the school counselor’s role when it comes to prevention.

I thoroughly enjoyed ready this article. It was straight to the point, and it provided detailed information pertaining to the role of a school counselor when treating students who are at risk or who have an eating disorder. I appreciated the organization of the article. It started with students who are at risk and then went on to provide characteristics that school counselors should look for, and then preventive programs that should be implemented.

The sole purpose of the article was to discuss the school counselor’s role, and I think that the authors did a great job at doing so. I think that the authors could have you a few sample statements that school counselors could us when assisting students with eating disorders. Providing more samples would give the reader a better understanding of how to approach a student who is at risk or who is already showing signs.

**Reference:**

Omizo, S. & Omizo, M. (1993). Eating disorders: The school counselor’s role. *School Counelor,*

*39, 217.*

The purpose of this article is to provide an outline for school wellness programs focusing on prevention and early intervention in children’s and adolescents eating-disordered behaviors and attitudes (Rhyne & Hubbard, 1994). This article provides information on eating disorders, staff and parent involvement, classroom guidance activities, small group counseling sessions and goals for all program entities (Rhyne & Hubbard, 1994).

I thought that this article was short, but provided a lot of useful information. Different strategies and approaches were provided for school counselors to implement into their wellness programs. I think that providing approaches can be very beneficial to school counselors who read the article in search of ideas on how to successfully and effectively organize a wellness program into their school. I liked that the authors provided not only strategies and approaches, but they also provided objectives to support the strategies and approaches.

Another aspect that I liked about this article was that the authors provided classroom guidance activities for teachers to incorporate. This was good information because not only is it important for school counselors to be trained on how to assists students who are at high risk or who are already showing signs of an eating disorder, but it is also important for teacher to be trained on how they can effectively be of service as well. The authors also provided an outline for small group counseling. The outline was very detailed and could be used school wellness programs in the format that was provided.

**Reference:**

Rhyne-Winkler, M. & Hubbard, G. (1994). Eating attitudes and behavior: A school counseling

program. *School Counselor, 41, 195*.

The purpose of this article is to provide strategies for school counselors to use when counseling males with body image disorder. According to Stout and Frame (2004), in the past recent decades, men have been bombarded with images in society that depict the “ideal” male, which is strong, muscular, lean, and perfect features. This body image can only be accomplished with steroids (Stout & Frame, 2004). Therefore, many adolescent boys find themselves trying to obtain this body image that is impossible to obtain (2004).

I think that many times society associates eating disorders with females, but males experience a lot of pressures to look a certain way as well. The pressure that males experience can lead to use of steroids to accomplish the athletic body image. This article was very informative and provided great strategies for school counselors to incorporate into their programs.

On the other hand, I think that the authors could have gone more into the characteristics to look for. I can image that many times characteristics of body image disorder in males can be mistaken as typical athlete routine, but if parents and educators were more aware of the characteristics, intervention can be implemented early on.

**Reference:**

Stout, E. & Frame, M. (2004). Body Image Disorder in Adolescent Males: Strategies for School

Counselors. *Professional School Counseling, 8, 176-181.*

The purpose of this article was to look deeper into the many contributions that teachers and other educators have in preventing eating disorders and child obesity (Yager & O’Dea, 2005). The article describes the important contributions of school counselors, and also gives warnings pertaining to the current need to examine how teachers and school personnel may be better trained and prepared for prevention roles (2005). This paper discusses what is necessary for teachers and other educator to be more effective in implementing school based eating disorder and child obesity prevention programs.

This article provided good information on not only how teachers and other school-based professionals can be more effective in implementing preventive programs, but it also provided good information on the issues of professional training and preparedness. I think that in order for preventive programs to be effective, teachers and educators much be trained properly. In order for professionals to be trained and prepared properly, we first need to know what needs to be improved in the process, and this article did a great job offering that information.

I also liked that the article focused on the eating and behavior habits of school professionals. School professionals serve an influential role. Students look at them as role models, and it is very important for school professionals to lead by example. If school professionals are going to participate in implementing an eating disorder prevention programs, it is important for them to present healthy eating habits and a positive body image.

In conclusion, teachers and school-based professionals have a vital role in preventing eating disorders among students. Therefore, it is important for them to be fully knowledgeable about nutrition, body image, and appropriate methods of prevention for eating disorders and obesity (Yager & O’Dea, 2005). According to Yager and O’Dea (2005), in order for future prevention of eating disorders and child obesity to be successful, preservice and ongoing training for various school professionals involved are highly required.

**Reference:**

Yager, Z. & O’Dea, J. (2005). The Role of Teachers and Other Educators in the Prevention and

Eating Disorders and Child Obesity: What Are the Issues? *Eating Disorders, 13,*

*261-278.*